



**Continuing Education Program**  
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**Training Institute for Mental Health**

Chartered by the Board of Regents of  
 the University of the State of New York  
 115 West 27<sup>th</sup> Street, New York, NY 10001-6217  
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Please Post

## Culture in Self Formation and Relational Dynamics: Theory and Clinical Implications

A Workshop Led by **Anita McLean, PhD, PsyD**

**Sunday, October 2, 2011**

**10 A.M. to 4 P.M. (includes 1 hour break)**

**Breakfast and Registration: 9:30 A.M.**

**Fee: \$75.00 per participant**

**TIMH Students & TIMH Interns: \$25.00**

Culture matters in the formation of the sense of self and profoundly affects our relational world. This workshop will explore how cultural dimensions of self-development impact the relationship between psychotherapist and patient. Effective cross-cultural psychotherapy requires an understanding of the cultural imperatives that affect our patients and an awareness of our own cultural embeddedness as well as the embeddedness of our assessment tools, our theoretical framework, our diagnostic understanding and conceptualization, our interventions, and even our definitions of illness and health. A comparison between Western and Eastern notions of a "healthy self" will highlight the ways in which cultural imperatives shift diagnostic criteria and treatment processes, transference and counter-transference, treatment goals and outcomes. Case material will be used to illustrate the conceptual ideas.

The workshop will present a theoretical framework that makes explicit the role of certain aspects of culture for:

- the development of "the self" and intra-psychic structure (e.g. boundaries between self and other) and developmental tasks along the life span (e.g. individuation-separation)
- object relations and the internalization of relational dynamics and role (including transference and countertransference reactions)
- The notions of "psychological health" and the goals for healing and psychotherapy

*Anita McLean is a clinical psychologist licensed in NJ and the Director of Counseling and Psychological Services at Princeton University. She was born in India and has lived in the US for over 25 years. She obtained a doctorate in Economics from Rutgers University and taught that subject for several years before obtaining a doctorate in Clinical Psychology from the Graduate School of Applied and Professional Psychology (GSAPP) at Rutgers University. She has taught and supervised at GSAPP and provides cultural competency trainings and diversity workshops for mental health care providers, agencies, and organizations.*

### **Registration Form** (please print):

I am registering for the **10/2/11–Culture in Self Formation and Relational Dynamics: Theory and Clinical Implications** workshop and have enclosed a check or money order for **\$75.00 (The \$75.00 includes \$5.00 non-refundable registration fee)** payable to: **Training Institute for Mental Health**.

(The fee for Training Institute for Mental Health candidates and interns is \$25.00.)

**Early Registration is suggested as space is limited. Send Registration to:**

Registrar  
 Training Institute for Mental Health  
 115 West 27th St 4th Floor  
 New York, NY 10001-6217

Send Registration to reach us by **9/26/11**. After this deadline, please **Call 212-627-8181** if you wish to attend.

Name: \_\_\_\_\_ Graduate Degree \_\_\_\_\_ Bus. Phone (\_\_\_\_) \_\_\_\_\_ Home phone(\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_ Apt or Box number \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Agency Affiliation \_\_\_\_\_ Email \_\_\_\_\_

**Please Indicate:** Do you wish a **Certificate of Workshop Attendance** with 6 Continuing Education hours verification?: Yes\_\_\_ No\_\_\_

*The Training Institute for Mental Health offers training and services without regard to sex, age, race, religion, sexual orientation, country of origin, or ethnic background.*